

SENIOR

ACTIVITIES & SPORTS

Dublin Senior Center

7600 Amador Valley Blvd.

(925) 556-4511

www.dublinseniorcenter.com

seniorctr@dublin.ca.gov

Hours

Monday through Friday, 9:00 AM – 4:00 PM

Saturday, 8:30 AM – 12:00 PM

Except...

The Senior Center will be closed
on the following days:



Memorial Day – **Monday, May 25**

Independence Day – **Friday, July 3 & Saturday, July 4**

Labor Day – **Monday, September 7**

Welcome!

Journey into the Dublin Senior Center to discover all the wonderful activities and events scheduled for this summer and beyond. There are classes for dancing, exercising, art, help on the computer, and much more. Senior Services may be very helpful. Dine inexpensively at the Shamrock Café or take a trip, near or far. This is the perfect place to find “rewarding friendships, intriguing activities and a lifestyle of possibilities.”

Be a Senior Center Volunteer

There are many useful ways to volunteer at the Center and training for all positions. Plus, it's a great feeling knowing that Staff and patrons are grateful for your help. If you have expertise in a specific area and would like to teach a class here, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk, or download forms at www.DublinSeniorCenter.com.



Be a Senior Center Supporter

The Center is very thankful to all of its supporters. A yearly fee helps sustain the high standards for all the activities and events provided here. Please visit the front desk and register to be a supporter today. Every supporter will be mailed the quarterly newsletter, Dublin Doings, with a complete list and description of all the Center's activities and services.

Yearly Fee \$10; \$1 discount for Dublin Residents

Dine at The Shamrock Café

Monday to Friday, 11:30 AM-12:30 PM

Choose a table with friends, or make new ones. These healthy, inexpensive meals are designed for seniors. Caregivers are welcome. The suggested voluntary donation is \$3, and registration is required. Soup, salad, fruit juice, bread, butter, and milk are served with every meal. Take-out is available, soup not included. For more information, call (925) 556-4511 or email seniorctr@dublin.ca.gov.



Senior Services

Stay informed, healthy and safe. Appointments are available for H.I.C.A.P. (Health Insurance Counseling Advocacy Program), diabetes management classes, AARP Safety Driving Courses, and case management by Senior Support of the Tri-Valley.

Balance, Agility and Strength

Develop balance, and strengthen your core (abs and back) and cardiovascular system (heart and lungs), with small, simple movements. Stand or use a chair (no floor exercises). All fitness levels welcome. Call for the current schedule and fees. New classes start monthly.

Certified Instructor: Robin Weiss

Wednesdays, 10:00-10:45 AM

Chair Pilates

Everyday movements, such as sitting, standing and walking may be improved by applying Pilates principals. Call for the current schedule and fees. New classes start monthly.

Accredited Instructor: Valentin

Mondays, 3:00-3:45 PM

Fit Over Fifty

Simple exercises will help improve participants' overall health and fitness. Stand or use a chair (no floor exercises). Call for the current schedule and fees. New classes start monthly.

Certified Instructor: Robin Weiss

Mondays, 10:00-10:45 AM

NIA (non-impact aerobics)

Blending dance, martial arts and healing arts benefits the entire body. Call for the current schedule and fees. New classes start monthly.

Certified Instructor: Lynda Farmer

Tuesdays, 6:00-7:00 PM



Tai Chi Chuan

Start each class with "qi (chi) quong" exercises. Learn one new movement each week. Call for the current schedule and fees. Classes ongoing, pay monthly.

Instructor: John Deng

Tuesdays (24 forms), 1:00-2:00 PM

Saturdays (42 forms), 9:45-10:45 AM

Jazzercise®

Combine dance and various movements to tone muscles. This choreographed workout uses up-to-date music. Class starts with a warm-up and finishes with cooling-off stretches. Call Barbara at (925) 447-8890 for more information.

Mondays, Tuesdays, Wednesdays, Fridays,

Saturdays & Sundays, 8:30-9:30 AM

Mondays & Wednesdays, 5:30-6:30 PM

Tuesdays & Thursdays, 6:00-7:00 PM

Gentle Yoga

Increase flexibility and body awareness with simple yoga poses. Release tension, facilitate stability and improve posture. Optional chair and mat exercises available. Please bring a beach blanket or yoga mat. Call for the current schedule and fees. New classes start monthly.

Accredited instructor: Jim Stuhlman

Wednesdays, 5:30-6:30 PM

Healing Yoga

As one ages, the best brain and body can still be maintained with participation in exercise to promote a healthy mind, body and spirit. Learn energy breathing to calm the mind, and improve attention and concentration. Call for the current schedule and fees.

Instructor: Anne Cavazos

Thursdays, 1:30-2:30 PM

\$5 activity fee, drop-in

Intro to Gentle Yoga

Learn yoga poses that may be used to improve health, reduce stress and make the body more supple. Call for the current schedule and fees. New classes start monthly.

Accredited instructor, Caran Ruga

Tuesdays, 10:30-11:30 AM

Beginner Ballroom Dance

Learn various dance steps with other dance lovers. Everyone, at any level, is welcome with or without a partner or experience. Call for the current schedule and fees. New classes start monthly.

Instructor: Bill Blankenship

Tuesdays, 2:15-3:45 PM

Evening Ballroom Dance: Level II Basics

Call for the current schedule and fees. See page 66 for more information.

Instructor: Bill Blankenship

Thursdays, 7:25-8:25 PM

Hawaiian Hula Dance

Capture the aloha spirit with a few basic steps. Then put them together in an easy-to-follow choreographed dance. All levels welcome! Wear comfortable clothing for easy movement. Call for the current schedule and fees. This class is made possible by Hired Hands Homecare, Inc.

Instructor: Julia Estigoy-Kaho'onei

Fridays, 3:00-4:00 PM



Line Dance

No partners needed, just join the line and start dancing. Call for current fees.

| CLASS | DATE & TIME | INSTRUCTOR |
|-------------------------------|--|--------------|
| Beginning | Thursdays 10:15-11:15 AM | Lynn Woods |
| Beginning/ Intermediate | Tuesdays 10:00-11:00 AM | Rosa Chan |
| Beginning/ Intermediate | Saturdays 11:00 AM-12:00 PM | Rosa Chan |
| Easy/Intermediate | Thursdays 2:00-4:00 PM | Millie Dusha |
| Advanced Line Dance Social | 1 st Thursdays only 2:00-4:00 PM | Millie Dusha |
| Intermediate Social | Fridays 10:00-11:00 AM | Karen Hong |
| Intermediate/ Advanced | Mondays 1:00-2:45 PM | Millie Dusha |

One-on-One Computer Classes

Learn how to operate or improve skills using the Center's desktop computer, or bring in a personal tablet, laptop, or smart phone. Appointments for private sessions are available in 30-minute increments. Call for current fees.

| CLASS | DAY & TIME | INSTRUCTOR |
|--------|--------------------------------|----------------|
| PC/MAC | Wednesdays 10:00 AM-1:00 PM | Elise Nai |
| PC/MAC | Thursdays 5:30-8:00 PM | Jacob Landsman |
| PC | Fridays 9:00-10:30 AM | Zev Kahn |

Basic American Sign Language (ASL)

Meet and interact with others interested in acquiring basic skills in ASL, such as the alphabet, numbers, everyday phrases and ASL bingo. Prior experience is not necessary. Call for the current schedule and fees.

Instructor: Sheila Holmes

Thursdays, 1:00-3:00 PM



afternoon
DANCE
social
with DJ Geri Foley

Fourth Fridays
1:30-4:00pm
Includes light refreshments
\$6 drop-in
Call (925) 556-4511 for more information.



Beginning Art

For first time and intermediate artists. Children, age 10 and up are welcome to attend the class with their grandparents. Call for current fees and materials list.

Instructor: Arthur S. King

Saturdays, 9:00 AM-12:00 PM

| CLASS | DATE | NO. |
|--|----------------------|-------|
| Paint with the Masters: Paul Cezanne | June 13, 20, 27 | 37054 |
| Edward Hopper: Sketching Techniques | July 11, 18, 25 | 38166 |
| Paint with the Masters: Edward Hopper | August 15, 22, 29 | 38167 |
| Paint with the Masters: Frida Kahlo | September 12, 19, 26 | 38174 |

Saturday Programs

The Senior Center is open
on **Saturdays** from
8:30 AM until 12:00 PM

Saturday programs include Jazzercise®, ping pong, beginning art, Tai Chi Chuan, and beginning/intermediate line dance.



ART

Work independently on personal art projects amongst fellow artists. All levels of creativity are welcome.

Wednesdays, 12:30-3:30 PM

Fridays, 9:30-12:00 PM (Watercolor—Summer only)

\$2 activity fee, drop-in

Draw Now...Paint Later!

A class aimed at watercolor painters who want to improve their drawings before they paint. Leaders share lessons, techniques and exercises. Beginners should begin on the first class of each month. Call for materials list.

Peer Leaders: Sue Farr and friends

Wednesdays, 1:00-2:30 PM

\$2 activity fee, drop-in

Scrapbooking

Create a charming and memorable scrapbook to treasure or pass on to family and friends. Embellishments available. Call for the current schedule, fees, and materials list.

Instructor: Shari Jarrett

Thursdays, 9:00 AM-11:30 PM

SAVE THE DATE

DUBLIN SENIOR CENTER

10th ANNIVERSARY EVENT

Details coming soon...



Memories of Dublin's Past: 1960s-1970s

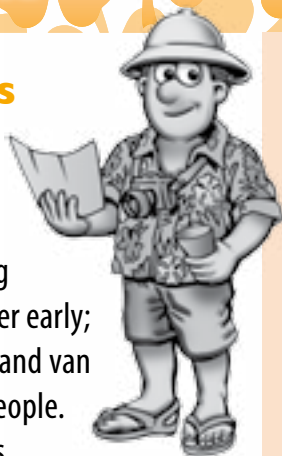
Saturday, June 6, 10:30 to 11:30 AM

Thursday, June 11, 12:30 to 1:30 PM

The Dublin Senior Center wishes to capture memories of individuals who grew up in—or frequently visited—Dublin in the 1960s and 1970s. If you have special memories or photos of those “Wonder Years,” come and share them with us on one of the two above dates. We’ll create storyboards with your photos, and a short write-up for display in the Center’s lobby. Please call (925) 556-4511, or email seniorctr@dublin.ca.gov for more information.

Van Trips

Sit back and relax while being driven to an interesting location. Register early; trips fill up fast and van capacity is 14 people. Dublin residents receive priority, Non-Residents register one week later. Trip fees include: professional driver, tolls, parking and admission, but not lunch, unless stated otherwise. TRIP FLYERS are available on the bulletin board in the Center's east hallway. Call for fees and availability.



Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, a refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

| TRIP | DATE & TIME | REG. BY | ACT. # |
|---|---|-----------------------|--------|
| Sunset Magazine Gardens, Menlo Park | Wednesday, June 10, 9:30 AM-4:30 PM | call for availability | 38795 |
| Carmel | Saturday, June 13, 8:45 AM-5:30 PM | call for availability | 36827 |
| Italian Street Painting Festival, San Rafael | Saturday, June 27, 9:30 AM-5:00 PM | call for availability | 36828 |
| Revisit the 1915 World's Fair, San Francisco | Saturday, July 18, 9:15 AM-4:15 PM | 6/1/15 | 38796 |
| Monterey | Saturday, July 25, 8:45 AM-5:30 PM | 6/26/15 | 36826 |
| Castle by the Bay 1: Carolands Hillsborough | Wednesday, July 29, 9:30 AM-5:00 PM | 6/26/15 | 38800 |
| Castle by the Bay 2: Winchester Mystery House, San Jose | Saturday, August 8, 9:15 AM-4:15 PM | 6/26/15 | 38797 |
| Lick Observatory | Saturday, August 15, 9:30 AM-6:00 PM | 7/1/15 | 38804 |
| San Francisco Scenic Drive | Saturday, September 26, 9:15 AM-4:45 PM | 8/28/15 | 38805 |

Extended Travel by Collette Vacations

Escorted destinations combine sightseeing, entertainment and leisure time. Upcoming trips include the following:

Colorado Rockies: July 10-18, 2015

Madrid: September 19-26, 2015

Venice: November 7-13, 2015

Contact the Senior Center for availability and information.



Weekly Schedule

| DAY | TIME | | CLASS |
|------------|-------------------|------|--|
| Mondays | 9:45 AM–12:00 PM | \$ * | Writing Class with Julaina Kleist |
| | 10:00–10:45 AM | \$ * | Fit Over 50 with Robin Weiss |
| | 12:45–4:00 PM | ¢ * | Bridge – Advanced Play |
| | 1:00–2:45 PM | \$ ♀ | Advanced Line Dancing |
| | 3:00–3:45 PM | \$ * | Chair Pilates |
| Tuesdays | 8:45 AM–12:00 PM | ¢ * | Tri-Valley Trail Trekkers |
| | 10:00–11:00 AM | \$ ♀ | Beginning/Intermediate Line Dance |
| | 10:00 AM–12:00 PM | ¢ ♀ | Needle Arts Group |
| | 10:30–11:30 AM | \$ * | Intro to Gentle Yoga |
| | 10:30–11:30 AM | ¢ ♀ | A Reading Group (every 4th Tuesday) |
| | 12:30–4:00 PM | ¢ * | Intermediate Bridge |
| | 1:00–2:00 PM | \$ * | Tai Chi Chuan |
| | 1:00–4:00 PM | ¢ ♀ | Sunshine Strummers/Beginning Ukulele |
| | 1:00–4:00 PM | ¢ ♀ | Melody Minstrels/Intermediate Ukulele |
| | 2:15–3:45 PM | \$ * | Ballroom Dance |
| | 6:00–7:00 PM | \$ * | NIA (Non Impact Aerobics) |
| Wednesdays | 9:00 AM–12:00 PM | ¢ ♀ | Ping Pong – Open Play |
| | 10:00–10:45 AM | \$ * | Balance, Agility and Strength |
| | 10:00 AM–12:00 PM | ¢ * | Chinese Mah Jong |
| | 10:00 AM–1:00 PM | \$ * | PC/MAC Computer 1-on-1 (30-minute sessions) |
| | 12:30–3:30 PM | ¢ ♀ | Art Studio for All Media |
| | 12:45–3:30 PM | \$ ♀ | Bingo |
| | 1:00–2:30 PM | ¢ ♀ | Draw Now... Paint Later |
| | 1:00–3:30 PM | \$ ♀ | Blankets for Vets |
| | 5:30–6:30 PM | \$ * | Gentle Yoga |
| Thursdays | 9:00 AM | ♥ ♀ | Path Wanderers Walking Group (call for schedule) |
| | 9:00–10:00 AM | ¢ ♀ | Tai Chi Chuan Practice Group |
| | 9:00–10:00 AM | ¢ ♀ | Intro to Piano |
| | 9:00 AM–12:00 PM | ¢ ♀ | Ping Pong – Open Play |
| | 10:15–11:15 AM | ¢ ♀ | Line Dancing for Beginners |
| | 10:15–11:15 AM | ¢ ♀ | Sing-Along |
| | 12:00–4:00 PM | ¢ * | Chinese Mah Jong |
| | 1:00–3:00 PM | \$ * | Basic American Sign Language |
| | 1:30–2:30 PM | \$ ♀ | Healing Yoga – Drop-in |
| | 2:00–4:00 PM | \$ ♀ | Intermediate Line Dance (Social on 1st Thursday) |
| | 7:25–8:25 PM | \$ * | Beginning/Intermediate Ballroom Dance |
| Fridays | 9:30 AM–12:00 PM | ¢ * | Watercolor for all levels – Summer Drop-in |
| | 10:00–11:00 AM | ¢ ♀ | Line Dance Social |
| | 12:15–4:00 PM | ¢ ♀ | American Mah Jong |
| | 12:30–4:00 PM | ¢ * | Intermediate Bridge |
| | 1:00–2:30 PM | \$ * | Everyday Life Skills in English |
| | 3:00–4:00 PM | \$ * | Hula dance |
| Saturdays | 8:30 AM–12:00 PM | ¢ ♀ | Ping Pong – Open Play AM only |
| | 9:00 AM–12:00 PM | \$ * | Beginning Art Class |
| | 9:45–10:45 AM | \$ * | Tai Chi Chuan |
| | 11:00 AM–12:00 PM | \$ ♀ | Beginning/Intermediate Line Dance |

Activity Key



Walk-ins welcome
(otherwise please
register in advance,
in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior
Center classes required
by calling (925) 556-4511

shamrock cafe

MONDAY – FRIDAY
11:30 AM – 12:30 PM

